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HOW GATEWAY VOYAGE BECOMES BENEFICIAL IN DAILY LIFE

Malorie Mackey
Actress, author and adventurer

Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

Those of us who are well-versed in Monroe techniques may sometimes forget that the tools and techniques we learned during **Gateway Voyage** turned out to be beneficial to our lives on the daily. While Gateway's foundational training enables us to venture into more advanced programs, let's remember to appreciate some of the meditational building blocks we acquire in Gateway. So, today, as I sat thinking about my own journeys out-of-body, I felt inspired to discuss how Gateway training can prove to be relevant in daily life.

Shifting perspectives by shifting focus
First and foremost, I think the most beneficial tool I gained from Gateway was the ability to shift my perspective to different states of focus. This ability to be fluid with my focus, as though shifting through stations on a radio dial, allows me to evaluate things from a more enlightened place of understanding. With a fresh perspective, I find gratitude for all aspects of my life and feel inspired to discover what may lie beyond my habitual routines. What I learned in Gateway helps me see multiple sides of a problem when faced with tough decisions, and how to face the world with a more open mind and greater empathy. Simply put, life becomes more interesting and enriched by being able to shift perspectives during daily adventures.

Connecting with guidance
You've likely experienced a gut instinct when faced with a dilemma. Even in business, going with your gut often determines a direction. While you could dismiss it as just a hunch coming from nowhere, Gateway teaches that perhaps this feeling is your guidance vying for attention, and trains you in the basics of how to tap into this guidance—a fantastic skill for daily life! Your guidance is there to help you find your way, make the best choices for specific situations, and navigate in a way that makes the most sense. It's your connection to your higher self, the part of your ***iThere*** that sees your trajectory, and guides you to land safely on your feet. The ability to connect to and work with it provides an extremely effective problem-solving technique.

Understanding more about ourselves

In Gateway Voyage, a lot of time is spent on journeys in expanded states. It's an experience that allows you to truly connect with yourself, your goals, and your thoughts and intentions. You find that you understand much more about yourself if you open to it. For instance, by taking Gateway, I learned exactly how I like to meditate and what types of intentions I like to set for myself. I discovered what I wanted to get out of my **meditation exercises** and how that might look. I learned what types of meditation work best for me. For instance, I learned that I like to build a great deal of energy prior to an exercise. I learned that I like going off on adventures in Freeflow sessions and that I work best when I can visualize experiences. All of these things can help you understand more about yourself and what might best serve you as you move forward. So, if you have taken Gateway, this is a gentle reminder to stop and reflect on your experiences and appreciate what you learned. If you haven't yet taken Gateway, this may be the perfect time to avail yourself of this groundbreaking training. Gateway offers countless benefits that apply to everyday life. It helps you practice shifting your perspectives, making for better problem-solving. It can make you more perceptive of your own guidance, and alert to opportunities to connect with and trust your intuition. I hope my reflections on the benefits of Gateway Voyage resonated with you today.